

**WHAT IS CLAIMED IS:**

1. A method of fortifying seed with an essential fatty acid, comprising: dissolving a quantity of said essential fatty acid in a solvent; mixing said solvent containing said essential fatty acid with water to form a mixture; soaking said seed in said mixture so that an amount of said essential fatty acid is absorbed into said seed.
2. The method of claim 1 wherein said essential fatty acid is an omega-3 fatty acid.
3. The method of claim 2 wherein said essential fatty acid is selected from the group consisting of docosahexaenoic acid and eicosapentaenoic acid.
4. The method of claim 3 wherein said seed is selected from the group consisting of flax seed, fenugreek and rice.
5. The method of claim 4 wherein said solvent is an organic solvent.
6. The method of claim 5 wherein said solvent is ethanol.
7. The method of claim 6 wherein said mixing comprises mixing said solvent containing said essential fatty acid and water in a ratio of between about 5:95 and about 20:80 of solvent containing said essential fatty acid:water.
8. The method of claim 7 wherein said mixture has a concentration of said essential fatty acid of between about 0.5% and about 3%.
9. The method of claim 6 wherein said soaking is performed for between 1 and 24 hours.
10. The method of claim 9 wherein said soaking is performed in a volume of said mixture that is between two and five times the volume of said seed.
11. The method of claim 1 further comprising draining and washing said seed after said soaking.
12. The method of claim 11 further comprising drying said seed after said washing.
13. The method of claim 12 further comprising grinding said seed.

14. The method of claim 13 further comprising germinating said seed prior to said drying.
15. The method of claim 14 wherein said germinating is performed for between 12 and 72 hours.
16. The method of claim 1 wherein said solvent is an emulsifier.
17. The method of claim 1 further comprising adding an emulsifier.
18. The method of claim 17 wherein said emulsifier is selected from the group consisting of lyso-lecithin, lecithin and Triton X-100.
19. A method of fortifying rice grain with an essential fatty acid selected from the group consisting of docosahexaenoic acid and eicosapentaenoic acid, comprising: dissolving a quantity of said essential fatty acid in a solvent; mixing said solvent containing said essential fatty acid with water in a ratio of between about 5:95 and about 20:80 of solvent containing said essential fatty acid:water to form a mixture, said quantity of said essential fatty acid being sufficient to provide a final concentration in said mixture of between about 0.5% and 3%; soaking said rice grain in said mixture so that an amount of said essential fatty acid is absorbed into said rice grain.
20. A method of fortifying: plant matter with an essential fatty acid, comprising: dissolving a quantity of said essential fatty acid in a solvent; mixing said solvent containing said essential fatty acid with water to form a mixture; soaking said plant matter in said mixture so that an amount of said essential fatty acid is absorbed into said plant matter.
21. The method of claim 20, wherein said plant matter is selected from the group consisting of root, tuber and rhizome.
22. The method of claim 21, wherein said plant matter is turmeric.
23. A seed that is fortified with an essential fatty acid.
24. The seed of claim 23, wherein said essential fatty acid is an omega-3 fatty acid.

25. The seed of claim 24, wherein said essential fatty acid is selected from the group consisting of docosahexaenoic acid and eicosapentaenoic acid.
26. The seed of claim 25 wherein said seed is selected from the group consisting of flax seed, fenugreek and rice.
27. The seed of claim 26 that is dried.
28. The seed of claim 27 that is powdered.
29. The seed of claim 28 that has been germinated.
30. The seed of claim 23, wherein said seed is fortified by soaking said seed in a mixture containing said essential fatty acid.
31. The seed of claim 30, wherein said mixture comprises a solvent and water, said solvent containing said essential fatty acid.
32. The seed of claim 31, wherein said solvent is ethanol.
33. The seed of claim 31, wherein said mixture further comprises an emulsifier.
34. The seed of claim 31, wherein said solvent is an emulsifier.
35. The seed of claim 33, Wherein said emulsifier is selected from the group consisting of lyso-lecithin, lecithin and Triton X-100™.
36. The seed of claim 31, wherein said mixture comprises said solvent containing said essential fatty acid and water in a ratio of between about 5:95 and about 20:80 of solvent containing said essential fatty acid:water.
37. The seed of claim 36, wherein said mixture has a concentration of said essential fatty acid of between about 1 % and about 3%.
38. Plant matter that is fortified with an essential fatty acid, wherein said plant matter is fortified by soaking said seed in a mixture containing said essential fatty acid, said mixture comprising a solvent and water, said solvent containing said essential fatty acid.

39. The plant matter of claim 38, wherein said plant matter is selected from the group consisting of root, tuber or rhizome.
40. The plant matter of claim 38, wherein said mixture further comprises an emulsifier.
41. The plant matter of claim 38, wherein said solvent is an emulsifier.
42. A food product for human consumption, formed at least in part using a seed that is fortified with an essential fatty acid.
43. The food product of claim 43, wherein said seed is between about 2.5% and about 25% (w/w) of said food product.
44. The food product of claim 43, wherein said essential fatty acid is selected from the group consisting of docosahexaenoic acid and eicosapentaenoic acid.
45. The food product of claim 44, wherein said seed is flax seed.
46. The food product of claim 45, wherein said seed is powdered.
47. The food product of claim 46 that is bread, wherein said seed is between about 2.5% and about 10% (w/w) of said food product.
48. The food product of claim 46 that is a cookie, wherein said seed is between about 20% and about 25% (w/w) of said food product.
49. A food product for human consumption, formed at least in part using the seed of claim 30.
50. A food product for human consumption, formed at least in part using the plant matter of claim 38.